

## Camp Guidelines

### GENERAL

We dwell on the living skin of our Mother; in gratitude we show honor and respect in these ways:

- To keep our camp a place of trust and Balance, we keep it free of domestic animals (inc. pets), weapons, alcohol, tobacco and psychoactive substances (inc. 'pot', caffeine, and sugar).
- We pack out whatever we brought in that is inorganic or not quickly biodegradable.
- We chip in on camp activities, such as firewood and edibles gathering, cooking, and cleaning.
- We keep craft debris in one place by doing our craftwork in a designated craft area and cleaning up when we're done working for the day.
- We swim, canoe, and go on extensive hikes with a buddy, and inform a third person of our plans and anticipated return time (until we have received adequate training).
- We practice stealth, remaining invisible to outsiders. We stay off the roads as much as possible and make sure we have no audience when bathing naked.

### CARETAKING

We are respectful of the space and lifeway of our animal, plant, and mineral relations:

- We give nesting, denning, and young animals a wide berth (keep well away from them).
- So as not to alter the lifeways of our animal relations or turn them destructive or dangerous, we: do not feed them, meticulously keep the camp area free of food scraps and clean up food spills, regularly change the hearth boughs, and hang or otherwise secure all food not sealed in glass or metal containers. Compost is buried away from camp on a daily basis.
- We use no soaps and shampoos
- Our footwear has minimal or no treads and no heels, to protect trails from erosion.
- We pee off the trail, away from camp, and in a different spot each time, so that plants are not burned. When trees are peed on, animals can chew the bark off, which often kills the tree.
- We go uphill and away from water to pee and poop. Preferably about 100 meters away.

### GATHERING/HUNTING

- When gathering anything from firewood to berries, we are careful to leave enough in a given area for others. We first lay down an Offering, which gives us pause and helps us shift from a "taking" attitude to one of consideration and openness to the guiding voices of the Circle of Life.
- We gather firewood and Birch bark from dead and down trees only - standing dead trees, including their bark and branches, are left untouched. This maintains the pristine character of this land and protects the feeding and denning/nesting sites that dead trees afford.
- To return nutrients, we spread the ash from our hearths thinly over the area from which we got our wood.

### FIRE SAFETY

We have much respect for the power of fire:

- We ask the sharing of his gifts only in designated areas. A small, well-tended fire is brighter, safer, cooks better, and keeps you warmer than a large fire.
- Anything that's flammable; sleeping bags, hides, lean-to etc. should be watched while having a fire to keep them from burning or melting. Extinguish sparks that jump from the fire if possible.

## HYGIENE GUIDELINES

### Prevention

This paper focuses only on prevention, for these reasons:

- Prevention is by far easier than treatment in wilderness situations.
- In order to prevent infection, unconventional hygiene methods need to be understood and implemented, because it is not possible to maintain standard hygiene practices in the wilds.
- Because there are as many treatments as belief systems, covering all of them would take a book.

Effective prevention must focus on more than the infective organism, because personal hygiene, emotional stress, exposure, diet, and eating habits are often contributing factors to infections.

### Eat simply and lightly

- Fast the first day in the wilds (unless there are extenuating medical circumstances). This gives the body a chance to relax and adjust to the environment and the new organisms it harbors.
- On the second day, consume one-half to two-thirds of normal amounts.
- On the third day, eat normally without overeating.
- Eat on an empty stomach, so you'll have undiluted stomach acids to kill any infective organisms you might ingest. One person could eat contaminated food on an empty stomach and be unaffected, while the next person piles the same food on top of food already in his/her stomach and becomes quite ill. Fruit can take up to an hour to digest, starch takes about two hours, fat takes around three, and meat might take four.
- Do not overeat. You may have insufficient stomach acids to sterilize your food. Additionally, overeating -especially in the first few days- does not allow time to adjust gradually to the local microbes.
- Do not mix foods that interfere with digestion, such as sweets and meat or fruit and starch.

### Camp Setup

- Choose a food prep-cooking area that is dry, has good drainage, and is in full sunlight. Cook under shelter only when necessary.
- Cover the ground surface with a natural acidifier such as pine needles. The more acidic an environment, the more sterile it is.
- Change the ground cover regularly, and clean up food spills immediately.

### Personal Hygiene

- Keep your body reasonably clean, particularly face, hands, and groin area.
- Finger, ear, nose, tongue and body rings/studs are havens for microorganisms; please remove before

Anyone with a compromised immune system (HIV positive, Aids, CFS, etc.), or who has a physical illness that could be aggravated by a gastrointestinal affliction, must consult both their physician and the Wild Moon guides before taking a course or visiting.

The above „Eating simply and lightly“ points cannot be overemphasized. Overeating, along with eating often, are common after being invigorated by the outdoors, and they are frequent responses to the fears and insecurities triggered by outdoor adventures.

#### Going out to camp

- Keep fingernails and toenails trimmed and clean, for the same reason as above.
- Use a handkerchief instead of your fingers to pick your nose. Bacteria-laden mucous sticks to fingers, and under nails it remains moist and warm-the perfect environment for bacterial reproduction.
- When wiping your butt, be extremely careful so that you not contaminate yourself. Wash and sterilize your hands after. Most conifer needles, and a variety of deciduous plants, have antiseptic properties.
- Do not share towels, washcloths, or rags.
- Do not drink from another's cup.
- Use only your own bowl and eating utensil. Do not share them with others.
- Abstain from food preparation, serving, and bowl passing during the contagious period of communicable diseases.

#### Food Preparation

- Boil or properly treat/filter lake water used for drinking or food preparation.
- Boil or fire-sterilize common cooking utensils.
- Wash and fire-sterilize personal knives before using to prepare food.
- Split out a new cutting board for each meal and burn after use. Learn how to cut food without a cutting board.
- Strive to be a no-leftover cook. If there are yet leftovers, they -and all precooked food that is packed in- need to be heated thoroughly through to boiling point before being served.
- Do not touch serving utensils to rims of eating bowls.
- Use only the common cooking or serving utensils, never personal ones, to dish out food.
- Do not eat directly from the common cooking pot.

#### Food Serving

- When passing bowls hold them from below, keeping your fingers and thumbs away from bowl rims.
- One person per meal serves food, unless more are needed because of multiple dishes at feasts. The fewer servers, the less possibility of food contamination.
- Ask only for what you can eat so that you'll have no leftovers. If you do have leftovers, do not return them to the cook pot or share them with others.

#### Cleanup

- Do not use common wash or "slop" buckets.
- Personal ceramic bowls and utensils are generally safely washed in lake, river, or pond water if allowed to dry thoroughly and then set out in the sun or fire-sterilized.
- Store all cooking/eating containers and utensils high enough so they will not be contaminated by the soil or rain splash. Choose a spot that exposes them to the disinfecting action of sun and air.
- Because wooden bowls cannot be sterilized, wash and dry immediately after use.
- Store personal bowls and utensils separately from each others' and from cooking paraphernalia, and away from the food prep-cooking area.

If you contract **Stomach Disorders**:

Most conventional and alternative/herbal approaches focus on eradicating the causative organism. This does "cure" the individual; however, it leaves him/her open to re-infection. Suppression, an alternative to eradication, allows for the possibility of flare-ups. Another approach - achieving balance with the organism - is involved and time-consuming, and yet it is preferred by some whose lifestyles keep them exposed to infective organisms, because:

- It eliminates the possibility of re-infection.
- It greatly reduces the likelihood of flare-up.

Those who have had stomach disorders may continue to harbor the organism(s), so out of respect for others please continue to follow these guidelines. Symptoms may persist in some beyond normal recovery time because food sensitivities keep aggravating the intestinal tract. Experiment by eliminating a suspected food from your diet for a few days. And of course, consult a physician if you feel the need to, or if your symptoms persist.

If you develop stomach disorders you will want to fast for one or two days to allow your body to eliminate the offending organism(s). Be sure to drink plenty of pure water to replace losses from diarrhea and to help flush your system.

The physical manifestations of illness are often the voices of our natural wisdom, calling us to a deeper awareness of the source of illness and our personal path of balance and healing. Many of us who contract stomach disorders do so because we are already out of balance.

Let others know of your predicament: it may be that there is someone who can share his/her wisdom, knowledge, and presence with you. Some persons here may be versed in healing methods that could help in restoring balance. Listen to your body's wisdom; as everyone's metabolism and state of health is different.

## **Ticks**

There could be a lot of **ticks** where the Wild Moons normally take place, and they can carry the diseases Lyme (Borelia) and TBE, even if very rarely. The safest way to eliminate the risk of being infected is to help each other check our bodies for ticks several times per day. There is also the option to vaccinate yourself against TBE, if you so desire. If that is what you want to do, you should do it as early as you can before coming here, as the vaccination process usually takes a while. It is your responsibility to inform yourself around this issue, so you can make an empowered decision.

## **Lice and pin-worms**

Please check yourself before coming to make sure you don't have lice or pin-worms. They spread very easily and are a big hassle to get rid off (we say this based on previous experiences). We do not want these creatures in camp!